

## 20 Great Staycation Ideas Stayca on a Budget in Style

A special type of vacation called a *staycation*, or *holistay* for our European friends, is when you stay home and participate in leisure activities at your home or within a day trip distance from your home.

Start by redefining what “vacation” means...It is when you take a break from your hectic schedule or usual routine. It’s a chance to create new memories, explore new places, try new things, and connect with nature, yourself and others. As long as you are happy, relaxed and enjoying yourself, you are on “vacation”!

### How to Stayca in Style!

- Create a local “bucket list”. Have a plan for each day, make it diverse but allow for spontaneous plans to take shape.
- Create a vision board & get inspired every stayca day!
- Research shows there are several ways to [improve the health of your brain](#) and learning something new and having new experiences are two of them. ‘Mental sweat’ helps your brain build new cells and strengthen connections between the cells. When you learn or experience something new you are exercising your brain, which can help improve cognitive functions such as concentration, attention to detail, memory recall and problem solving, and reduce the chance of developing dementia.
- Ask yourself - What “nourishment” do I need today?



## 20 Ideas for a Great Staycation:

1. Try new places to eat
2. Make something on a skewer
3. Explore nature
4. Set up an outdoor movie theater
5. Take up a new hobby
6. Accomplish goals & projects
7. Visit museums
8. Take in a sporting event
9. Sleep in
10. Take naps
11. Read a vacation book
12. Watch movies
13. Visit a local farm or farmers' market
14. Volunteer
15. Do a puzzle
16. Complete a paint-by-numbers
17. Have an indoor picnic
18. Pitch a tent indoors & glamp it up
19. Have dinner delivered
20. Fill pitchers with water & cut fruit



## Benefits of a Staycation:

- Affordable
- Reduced travel time & stress
- Less travel = more quality time for leisure activities
- No jet lag
- Good fit for short breaks
- No need to arrange housesitting or pet care
- Support the local economy
- Explore your own city as a "tourist"
- Feel refreshed and relaxed afterward
- Mix leisure with projects or home improvements

## Why We Need to Take Breaks:

- ✓ **Decrease in stress levels:** Studies have found that levels of stress decrease leading up to planned time off from work, during our time off and that positive effect can last up to 45 days post time-off!
- ✓ **Positive impact on physical well-being:** Physical health markers are also impacted and research shows that taking more time off from work had a significant positive impact on health, specifically metabolic syndrome which refers to a group of conditions that impact heart health, compared to those who took no time off.
- ✓ **Combat burnout:** Burnout is defined by the WHO as “a syndrome resulting from chronic workplace stress that has not been successfully managed”. It’s a type of stress that is specific to the workplace. So not surprisingly, one of the best ways to combat it is to take a break from work to reset yourself and recharge.

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